

GUIDED IMAGERY (1)

Goodbye Cinderella Program
Samarkand Manor Youth Development Center

Take a deep breath, close your eyes, and begin to relax. Just think about relaxing every muscle in your body... Begin by letting all the muscles in your face relax, especially your jaw, let your teeth part a little bit and relax this area... Drift and float into a deeper level of total relaxation... Feel a heavy, heavy weight being lifted off your shoulder... You are feeling lighter and lighter... floating up higher and higher... into total relaxation... Imagine a beautiful staircase ... you are at the top and there are ten steps down that will lead you down... down... down...to a special, peaceful place... In a moment I am going to count backwards from ten to one and you can imagine taking the steps down as you take each step feel your body relax more and more... Feel it just drift down, down, down each step as you relax more and more and go deeper and deeper into total relaxation... ten, relax even more... nine... eight... seven... deeper and deeper, six... more and more relaxed... five... four... three... very relaxed now, two... down deeper, more relaxed... one...deeper and more relaxed... you feel so good... so comfortable... As you breathe in and breathe out... you will become more relaxed with each breath...

Begin to imagine pushing away all the things that would keep you from completing your special goals... You are free of past burdens... The things that have held you back no longer bother you... More and more you will see yourself as being sure of yourself... Knowing you will have the power and strength to do those things that are good for you... You feel at peace now... You want to begin right away to do those things you planned... You see an elevator and go in... the door closes and you feel yourself going up, up, up... You see the numbers of the floors as you pass... One... Two... Three... Four... Five... Six... Seven... Eight... Nine... Ten... Slowly open your eyes, stretch if you wish and now you are ready to meet life and all its excitement. You are more refreshed, more alert, have more energy than ever before...

(THIS CONCLUDES THE FANTASY. DISCUSS BRIEFLY HOW GROUP MEMBERS FEEL ABOUT THE FANTASY. ASSURE THEM THAT THEY WILL GET BETTER AT DOING THIS WITH PRACTICE. IF MEMBERS WISH TO TAPE THE FANTASY AS THE LEADER READS IT TO TAKE HOME AND PRACTICE, ENCOURAGE THEM TO DO SO.)